

# Asthma Action Plan

## Physician Orders



Date:

Patient Name:

Date of Birth:

### TO BE COMPLETED BY PHYSICIAN/HEALTHCARE PROVIDER

☐ Take \_\_\_\_\_ 15 to 20 minutes before sports and play.

Student may: ☐ Self Carry ☐ Self Administer

#### GREEN: WELL PLAN // My child feels well.

- ☐ No cough / no wheeze
- ☐ Can play or exercise normally
- ☐ Peak flow number above \_\_\_\_\_
- ☐ Personal best peak flow is \_\_\_\_\_



Use these medicines every day to control asthma symptoms. Remember to use spacer with inhaler.

MEDICINE	DOSE	HOW TO TAKE	WHEN TO TAKE

#### YELLOW: SICK PLAN // My child does not feel well.

- ☐ Coughing
- ☐ Wheezing
- ☐ Tight chest
- ☐ Shortness of breath
- ☐ Waking up at night
- ☐ First sign of a cold
- ☐ Peak flow number ranges between \_\_\_\_\_ to \_\_\_\_\_



Continue DAILY MEDICINES and ADD:

QUICK RELIEF	DOSE	HOW TO TAKE	WHEN TO TAKE

If requiring quick relief medicine more than every 4 hours or every 4 hours for more than a day, call the doctor at the phone number below. Call doctor/clinic anytime if there is no improvement or with any questions! For School Use: Contact Parent.

#### RED: EMERGENCY PLAN // My child feels awful.

- ☐ Breathing is hard and fast
- ☐ Wheezing a lot
- ☐ Can't talk well
- ☐ Rib or neck muscles show when breathing
- ☐ Nostrils open wide with breathing
- ☐ Medicine is not helping



Take quick relief medicine (i.e. Albuterol) \_\_\_\_\_ puffs, or one nebulizer/breathing treatment every 15 minutes until you reach a doctor.

If a doctor cannot be reached, please go to the Emergency Room or Call 911.

For School Use: Follow Emergency Plan and contact parent.

Physician's name (print):

Physician's phone number:

Physician's signature:

### TO BE COMPLETED BY PARENT OR GUARDIAN

#### TRIGGERS

- |  |   |  |  |
|--|---|--|--|
| <input type="checkbox"/> Life threatening allergy to:  | <input type="checkbox"/> Pollen             | <input type="checkbox"/> Stuffed animals | <input type="checkbox"/> Dust mites / dust |
| <input type="checkbox"/> Cold air / changes in weather | <input type="checkbox"/> Cockroaches        | <input type="checkbox"/> Animal fur      | <input type="checkbox"/> Mold              |
| <input type="checkbox"/> Cigarette smoke               | <input type="checkbox"/> Strenuous exercise | <input type="checkbox"/> Colds / flu     | <input type="checkbox"/> Other:            |

I authorize the exchange of medical information about my child's asthma between the physician's office and school nurse.

Parent/guardian name (print):

Parent/guardian phone number:

Parent/guardian's signature:

Cell phone number: